

16 MAY 2003 – 15 AUGUST 2003



# COMMUNITY CONNECTION

**PRIDE OF PICATINNY...** Your link to Morale, Welfare & Recreation and Family Support Programs and Events



**Children's Karate Class, Tue & Thu  
Evenings at Total Fitness**

## **At a Glance:**

**Buy Your Summer Theme Park  
Tickets...pg 8**

**Keep Fit Throughout the Summer...pg 10**

**Contacts and Phone Numbers...pg 12**



**Buy Six Flags Tickets at ITR "Take  
Off" Center!**



**<https://w4.pica.army.mil/mwr/>**



## Welcome and Editor's Note:

Remember "MWR - is for all of your life". The best Army in the world deserves the best MWR services - count on it!

Our Pledge: First Choice Service Wherever America's Army Serves.

\*Self-Reliance \* Peace of Mind \* Community \* Growth \* Renewal\*

Please send your comments to me on email <selias@pica.army.mil> or give me a call, 973-724-7246.

If you have an article for the connection please provide it to Sue Elias, email - selias@pica.army.mil

As always I look forward to your feedback.

Sue Elias

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**March edition of Tidbits** - This edition can be found on the CFSC web site [www.armymwr.com](http://www.armymwr.com)

### FAMILY, CHILD AND YOUTH

\*More than half of women (53%) were read to very often as children, compared to 42% of men. [Ipsos-Reid/Research Alert, November 1, 2002]

\*According to Public Agenda, 79% of parents worry about protecting their children from drugs and alcohol, 76% worry about negative influences from their child's peers, 76% worry that someone might harm or kidnap their child, and 73% worry about the impact of negative images in the media. [Research Alert, November 15, 2002]

\*Students age 9-16 sleep 54.3 hours per week, on average, and spend 30% of their non-school waking hours watching TV and playing videogames, up from 25% a year ago; an hour a day is devoted to homework. [Cigna Corporation/Research Alert, November 15, 2002]

\*Girls who participate in girls' communities (physical or virtual spaces where girls gather around an idea, interests, issue, or just to be with other girls) are more likely than girls who never join these groups to expect to attend college (81%), play sports (52%), and feel safe in school (63%). [Girls Incorporated/Youth Markets Alert, December 2002]

\*48% of teens say juggling work, school and extracurricular activities makes it difficult to get enough sleep. [Gallup Poll/Youth Markets Alert, December 2002]

\*Roughly 24% of 2-17year-olds are obese. [Georgetown University/Youth Markets Alert, December 2002]

\*One in five U.S. children have at least one foreign-born parent. [National Center for Children in Poverty/Youth Markets Alert, December 2002]

### FOOD, BEVERAGE AND ENTERTAINMENT

\*Nearly half of families dine together four or more times per week, up from one third a year ago. [Lenox/Research Alert, November 1, 2002]

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# THE CANNON GATE

## CATERING & CONFERENCE CENTER



### Celebrate Mother's Day with a Great Meal on May 11th!

Shrimp Cocktail, Cream of Broccoli Soup, & Tossed Garden Salad - Buffet Dinner to include: Chef Carved Loin of Pork, Stuffed Chicken Breast, Pepper Steak, Baked Stuffed Clams, Penne Pasta with Bolognese sauce, Veal Cordonblue & Vegetable Lasagna, Potatoes au gratin, Rice, Baby carrots and Sauteed eggplant & zucchini, applesauce. Dessert table will feature: Fruit tarts, Chocolate Eclairs, Vanilla Mousse and assorted pies. Coffee, Regular & herbal teas included. Price \$19.95 per person Children under 12 half price Cash Bar Seatings at 11:30, 2:30 & 4:30 A professional piano player will be performing for your enjoyment throughout the day.

### Fathers Day Brunch is June 15th - Come & enjoy

Chef Prepared Omelettes & Pancakes with assorted toppings, Mini muffins and Bagels with cream cheese & whipped butter, Tossed salad and fresh vegetable bar. Buffet items to include Grilled Rib Steak, Eggplant Parmigiana and

Chicken Piccata, whipped potatoes and vegetable medley Coffee, Tea and soda included Special Dads Dessert: Strawberry Shortcake Time - 10:00 AM Price: \$17 per person. Half price for children under 12. Cash Bar. Call 973-724-2582 for reservations.

**LIL' SKEETERS** offers you a traditional snack bar fare, and the ONLY flame broiled hamburger on Picatinny!! Bar BQ pork and beef along are featured as well as burritos and homemade Chili prepared by Chef Luis Arango. **Smell...** the BBQ flavor as you walk through the door **Taste...** the mouth watering burgers and all beef franks **Enjoy...** the new southwestern décor and climate **Relax...** in the newly landscaped picnic area. No time to cook dinner? We have that covered too. Many of the menu items can be packaged for take home dinners that can be easily reheated in microwave or conventional oven.

### LET US HOST YOUR NEXT SPECIAL OCCASION WE CATER BOTH BUSINESS AND CORPORATE EVENTS

Our establishment overlooks a beautiful 18-hole golf course and offers banquet rooms featuring a variety of amenities - views...fireplace...ambiance...intimacy. We cater large events (up to 250 guests), small or intimate functions. We pride ourselves on our excellent food and our dedication to customer service. We are proud to serve homemade, quality menu items.

**Monthly Dinner Buffet** - third Thursday of each month, call (973) 724-2582 for details



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### **Golf Shop Open for Business**

The 2003 season is upon us and the top golf manufacturers are pulling out all the stops and are releasing some serious new toys. Come down to the shop and get the hands on with the latest in golf technology from Callaway, Taylor Made, Nike, Odyssey, Cobra and LaJolla. Get to know and understand terms like "Hot Face Technology", "Cold-Rolled SP-700 Titanium Alloy," "SS Beta Ti Hyper Steel" and "External Bladed Technology." To go along with all the new excitement in club, today's golf balls are flying farther and landing softer than ever before. Check out the new line of Callaway Warbird and HX2 Piece golf balls. Also, you don't want to miss out on the new Titleist SoLo, better known as the "So Long" ball. A little technology can go a long way – and probably a long way passed your playing partners. The newest in outerwear and golf apparel will also be available with a custom Picatinny logo embroidered on most of the pieces. Check out the latest trend in short sleeve wind and rain wear from Cutter Buck and AM Player.

These ½ sleeve wind jackets will keep you dry in most conditions and less restricted during your golf swing. Also, you will want to check out the newest "moisture wicking" fabrics and "dry release" technology from the top companies in the business. You will be amazed with how the latest in fabric design will make you feel warm on those cold, damp mornings and cool on the hot, humid afternoons. You can also walk like the Pros on Tour by trying out the best in golf performance shoes from Footjoy and Adidas. Special orders are always welcomed and encouraged.

### **Golf Clinics and More Golf**

**Clinics** The huge interest in the last season's golf clinics has sparked the development of a new and exciting lesson schedule. The ladies clinic will remain during the months of May and June consisting of on course play and lesson days. Times will be varied depending on ability and lesson content. The junior program will be back again during the months of July and August. The students will be scheduled by age and ability. An all new men's beginner series will be introduced during



the month of September.

Specialized topics will be offered twice a week at 5:30 pm. Be sure to contact the Golf Professional for all the details.

### **Exciting Tournament News**

The 2003 golf calendar brings a couple of new and exciting events to the season. In June, the Commanders Cup Scramble is set for a 1:00 shotgun start. This will not be your typical club event. With the afternoon start on a Friday, the post tournament awards will be an informal, outdoor Mexican BBQ and party celebration. Great food, salsa music and a fun atmosphere will be theme for the evening. Non-golfing friends and relatives are encouraged to join us at the post tournament festivities. In the same month, the Husband/Wife or Couples Championship will now be an afternoon shotgun event followed by a wine and cheese tasting party and awards. The popularity of this "quality time with the better half" event has grown at a remarkable rate. Be sure to save your teams spot and at the same time avoiding the "dog house." Be sure to get your copy of this year's golf schedule and mark your calendars.

# THE GOLF COURSE & PRO SHOP

## 15th Hole Renovation/

**Opening:** Last spring we met with our golf course design architect, Jim Blaukovitch, and asked him to create a challenging as well as visually pleasing golf hole for our Par 4/5 15th hole. What he created on paper was then transferred to the golf course in late fall of 2002 by our golf shaper, Bill Kellers, assistant Mike Brown and course foreman Keith Carper. Since we decided to use washed bentgrass sod, although more expensive, it will allow us to reopen the green earlier in the season as opposed to planting seed (which we used for the practice greens). Having experienced one of the snowiest and prolonged snow covers in recent winters, and by utilizing a turf blanket, we anticipate the opening of the newly renovated 6,000 ft<sup>2</sup> USGA sand based green by mid to late May. We hope everyone enjoys the new design layout of the hole as well as the enlarged green.

**Electric carts:** We have purchased 10 new electric carts this season, which will increase our fleet of electric carts to 37, with a total cart fleet of 79 (+ 2 ranger carts). Our plan is to eventually replace all our gasoline carts with these electric carts. The current status of the cart wash pad is that the construction will begin

in early April and is scheduled to be completed by early May. This environmentally friendly closed loop wash system (currently in use at the maintenance building) will allow all carts coming off the course to be washed down and returned to the lineup. We all look forward to this new system to be on line in time for the golf season.

## **A Message for the 18 Hole Ladies Golf Group**

A reminder!!!! If you missed signing up for the 18 Hole Ladies Golf Group on April 8th, it is not too late to cash in on the introductory fee of \$15 for new members. So, come on over to Mulligans any Tuesday A.M. between 7:30 A.M. and 8:00 A.M. and ask for Jane Buda, Jean Hill or Sue Coppola - we'll get you signed up. It's a good deal.

Tee times start at 8:30 A.M. during April - 8:00 during May and June 7:45 A.M. during July and August and 8:30 A.M. during September and October. As mentioned in the previous edition of the Connection, we will play at other clubs this year. It's a good opportunity to meet other women golfers and experience play on other courses in the area.



AND DON'T FORGET AUGUST 5TH - It's the 3rd Annual Breast Cancer outing. Mark your calendars. This outing is open to the first 100 female and male golfers who sign up. It's for a good cause. Space in this column does not permit a full listing of the scheduled events, so hang on to your printed schedules, given out by the Pro Shop and look for more info in the Pro Shop and locker room. Golf season is here - be there. Sue Coppola

## **9 Hole Ladies Golf Group**

Golf season is finally here and we have some exciting events planned. New this year will be our member/member on May 13 with the 18 holers which should be a fun day for all the ladies. Mark your calendars for the member/guest on June 10 and let's hope for nice weather again this year. We always welcome new members, all levels of play. So if you've been hesitant to call, take a moment now and call Maureen Gehbauer at 973-584-1439 for information. It's never too late! Fax: 973 584 0999, 28 Cynthia Dr., Succasunna NJ 07876

# ARMY COMMUNITY SERVICE



**Blood Drives:** May 23rd & May 30th, Aug 22nd and Aug 29th and Nov 7th and Nov 14th. The Blood Drives are held in The Club - from 0800 - 1315. To schedule an appointment, call: Irene Fredricks, x7247 or e-mail....ifredric

Intensely cold weather and several major snow storms reduced blood and platelet donations to NY/NJ Blood Center this winter. Officials are urging people to donate to help meet local hospital patient demand for life-saving transfusions. Donations are currently 15% behind goal. The metropolitan community has a historically low donor participation rate with less than 2% of the eligible population donating versus a 5% national average. In addition to the weather, the declining local economy, which has resulted in massive layoffs and new blood donor criteria guidelines that have eliminated about 10% of local donors are factors contributing to the recent donor drop off. Patients in NY and NJ still need 2,000 pints of life saving blood each day that requires regular replenishment to ensure a safe and adequate

supply of blood is always available. Who can Help? Donors must be at least age 17 and weigh a minimum of 110 pounds and be in good general health. Consider giving the gift of life. It is the best present anyone will ever receive.

## **Fall Job Fair -**

Ready for a change, need something new, just graduate college? If you answered yes to any of these questions, don't miss this opportunity to meet with up to 40 Local Employers looking for employees with your skills!

Wed, Sep. 24, 2003

10:00am – 2:00pm

Weichert Realtors,

The Business Academy

Put on your best suit and bring several copies of your updated resume with you to the Fall job fair. Attendance is free and open to the public.

Registration is not required, just show up at The Club between 10am-2pm. For a complete list of participating employers and directions go to our web-site at: <http://www.pica.army.mil/mwr/acs.htm> For more information contact Donna Della-Badia, Job Fair Coordinator, 973-724-2145 or e-mail: [dellabadia@pica.army.mil](mailto:dellabadia@pica.army.mil)

## **Army Community Service Financial Readiness Program**

**"The Crackdown on Credit"**

Credit can be good or bad, depending on how it is used. Develop strategies to bring your spending in line with your income. It will take a strong commitment to correct the situation and get back on the road to financial security, but it is a commitment worth pursuing.

The Army Community Service, Financial Readiness program can help you by developing a budget or making a referral to one of two local agencies that can help with outstanding debt. For a confidential appointment, contact Donna Della-Badia, 973-724-2145.

(Some material in this article was obtained from AIM Action News, 03-05, January 29, 2003.)

## **The dates for the Pheresis collections are:**

May 16, Jun 27, Jul 18, Aug 8, Sep 19, Oct 17, Nov 21, and Dec 12. To make an appointment for Pheresis collections, call: Joyce DeGhetto (732) 220-7097. The Pheresis collections are on the NJ Blood Services Bus that is parked in the Parking Lot of the Clinic (Bldg 118).





# ITR "TAKE OFF" CENTER

© Disney

Community Recreation - "Take Off" Center, Bldg 34 - X4014



## Upcoming Bus Trips

Guests are always welcome on our trips....sign up family and friends.

### **Come along and check out the beautiful Mohegan Sun Casino in Uncasville, Conn.**

We are making this a regular stop on the spring calendar. We depart the Arsenal at 8 AM and travel by comfortable charter bus to the Casino. The cost of the trip is \$23/person and we will each receive a \$10 food coupon and 2 \$5 bet coupons when we reach the casino....net cost to you is then only \$3!! You will be thrilled with the Wolf Den gambling area...The Shops at Mohegan Sun...and the new Sky Casino area. Our return to the Arsenal will be at 9 PM. The date is Saturday, 17 May.

### **Sat, 21 June is our Atlantic City day...**

The cost is \$18/person. We depart the Arsenal at 8 AM and return around 8 PM after a day of fun along the Boardwalk. Casino destination and package have not yet been confirmed. Join us as we play Bingo on the bus on our way down and have a movie video on our way home. This trip is scheduled to be repeated on Friday, 25 July and Friday, 22 August.

### **NEW!! Community Recreation invites you to join us on our first trip to the Culinary Institute of America in Hyde Park, NY.**

The date is Fri, 6 June...we depart the Arsenal at 7:30 AM and travel up the Hudson to Hyde Park. We have scheduled a guided tour for everyone before lunch, lunch is at 11:30 AM. Lunch consists of 3 courses: Chicken & Shrimp gumbo, your choice of Roasted Pork Medallions or Baked Teriyaki Glazed Salmon, & White Chocolate Cheesecake. Coffee, tea or iced tea is also included. After lunch; we will make a 2 hour stop at the Woodbury Commons Shopping Outlet to give us a chance to walk off lunch & shop for bargains. Return to the Arsenal will be around 6 PM. Cost of this all-day outing is \$52/person.

### **New York City beckons on Sat, 12 July.**

We will head into the City for a 90 minute Cruise on NY Waterway and then a visit to the Intrepid Air/Sea/Space Museum. The Intrepid is a floating aircraft carrier turned into a museum in the Hudson River. This trip departs at 8:15 AM and returns around 5:30 PM. The cost is not yet determined ...should be about \$45/adult and \$35/child.

The "Take Off" Center is your place for these upcoming special dates. Do you have someone graduating? Whether it's from kindergarten or college, your graduate would like a graduation balloon. And Father's Day is 15 June. Maybe your father would like a Picatinny golf shirt or a "Hooah" T-shirt. And then the 4th of July will be rolling around and we can be your red, white and blue supplier of balloons and flags.

**Community Recreation Mobile Home Park....**Did you know Picatinny has 14 fully furnished mobile homes and they are available to all authorized patrons for recreation visits. If you have family coming and need extra space, think about the mobile homes. The recreation fee is \$35/night; and generally a two night minimum is required.

**Picatinny Cannon Gate Logo Items.....** shirts, mugs, long sleeved polos, oxford cloth or Denim long sleeved shirts, baseball hats, hunter orange hats, Pictorial History of Picatinny Arsenal Book, Picatinny Arsenal Historical Arsenal Book, Buildings Print, Framed Historical Print, Deluxe Framed Historical Print

# ITR “TAKE OFF” CENTER

Community Recreation - “Take Off”  
Center, Bldg 34 - X4014



## SUMMER TICKETS:

### Six Flags Great Adventure, Jackson, NJ

Early Bird - \$28

Theme park & Safari – Valid thru 30  
June

Regular Summer - \$31

Season Pass - \$75

Hurricane Harbor - \$25

Hurricane Harbor, Season - \$75

### Dorney Park, Allentown, PA

Regular/Adult - \$26

Jr/Sr. - \$14

### Mountain Creek, Vernon, NJ

Weekday - \$16

Weekend - \$19

### SeaWorld/Orlando

Adult - \$46

Child (3-9) - \$38

### Universal Studios and/or Islands of Adventure

1 Day - Adult - \$47; Child (3-9) - \$38

2 Day - Adult - \$90; Child (3-9) - \$75

### Orlando 4 Park Flex Ticket

Adult - \$172

(Universal/SeaWorld/Islands of Ad/  
Wet 'n Wild)

Child (3-9) - \$142

### Busch Gardens, Williamsburg, VA

Adult - \$39

Child (3-6) - \$33

## 2003 Frog Falls Waterpark Fees and Sign Ups...

### Community Recreation - “Take Off” Center

Bldg. 34; 973-724-4014/4186

M-F, 0730 to 1530

	Single	Family
Active Duty Military - NCO & Enlisted (Includes Reservist and Nat'l Guard)	\$95	\$120
Active Duty Military - Officer (Includes Reservist and Nat'l Guard)	\$120	\$145
Retired Military - NCO & Enlisted (Includes Reservist and Nat'l Guard)	\$95	\$120
Retired Military - Officer (Includes Reservist and Nat'l Guard)	\$120	\$145
Picatinny DOD Civilians Current and Retired Employees	\$145	\$170
Picatinny Contractors	\$170	\$195

Sign up DATES are as follows:

Active Duty sign up begins 1 April;

Retired Military sign up begins 22 April;

Picatinny Civilian sign up begins 1 May;

Picatinny Contractor sign up begins 13 May.

### Teen Nights at Frog Falls:

Bring your friends and enjoy a pool party just for teens. Your \$10 fee covers the entrance fee and a sub sandwich with chips during this teens only party from 6-9pm. You don't need to be a member to enjoy this party so come on out and see what you've been missing.

Dates: Fri. Jun 20; Fri. July 18; Fri. Aug. 8



# CHILD & YOUTH SERVICES



## **School Liaison Office**

With everything that is going on across our Globe, and many of the soldiers deploying, leaving family members behind, which can greatly affect members of the family especially children. Please be advised that there are services that they can receive if they just want to talk about the current issues or, are having difficulty coping with the absence of a parent. School age children can go to their guidance counselors and or parents can obtain services here on the installation.

Remember that all services are free of charge and confidential. I have talked with the principals of the schools that our children attend and they are more than willing to help, in making sure that their needs are being met, and one way is by making parents aware the services they can provide. In reality, all the talk about war effects our children in more ways than one, School being one of those ways.

If you have questions or comments please contact, Tabatha Robinson at the following number (973) 724-5726 or stop bldg 3228.

## **School Age Services/Youth Services Summer Camp** AGES 6-14)

On Friday, June 20th., School Age and Youth Services will have a "Meet Your Counselor" session. Children enrolled in our Summer Camp Program are encouraged to visit building 3228 from 3:30-5:00 pm. Our Camp Counselors and Staff will be on hand to meet, greet and answer questions.

The first week of Summer Camp begins on Monday, June 23rd. Camp will continue for 9 consecutive weeks ending on Friday, August 22nd.

Our weekly trip day will be on Wednesday and our Family Fun Day will be the last day of our Summer Camp session.

For additional information call: School Age Services at 973-724-5555.

The public schools will be closed from Friday, April 18, 2003 through Friday, April 25, 2003. School Age Services, at building 3228, will be open and available to care for your children during this Holiday recess. Call us! Space is limited. 973-724-5555.

## **Teen Center -**

May 3, The Teen Center is going to attend a special workshop offered by the 4-H Club. The Event is an Aviation Interest Program for youth grades 7-12. During this event youth will learn about different areas of aviation, participants will attend a aviation show. June, July and August, we are holding our Summer Camp. This program starts on the 23rd of June and ends on the 22nd of August, trips and every day activities are been planned, as well as special family days events.

## **Family Child Care**

Stay Home and Earn Money Being a professionally trained provider in a warm home environment offers many benefits: free training, credit transfers to Army installations world-wide, free use of equipment toy and applies (lending library), free referrals, workshops (nutrition, cpr, and tax assistance). If you are interested in providing home based child care, especially infants and toddler care, you are encouraged to apply! For applications, please call Tabatha Robinson at 973-724-5726/5555.

# TOTAL FITNESS

**Men's Softball** will be played on Field One every Mon., Wed. and Thurs. beginning at 5:30pm. We are looking to begin the season the beginning of May and will finish about the first week in Sept. Field two will only be used if needed. Any individuals that are looking to play will need to contact: [jmarion@pica.army.mil](mailto:jmarion@pica.army.mil). A valid rec pass is required to play. All passes will be checked at the field, so be sure to have them with you. For more info you could also contact Total Fitness, x4629.

**Beginning in July, Sand Volleyball will begin.** Games are played twice a week, and two games are played per night. The first game will begin at 5:15, and game two will be played at 6:30pm. The court is located up next to the Chapel. An email to sign up will go out two month's prior to the season beginning. Practices will be held before the season begins.

**Pick up basketball** will still be held at the Fitness Center every Monday and Wednesday from 5-7pm. Most of the games are played full court so be prepared to run! A valid rec pass will be required to participate.

**Isshin-Ryu Karate classes** are offered up at the fitness center every Tuesday and Thursday. The classes are 4-5:30pm for adults and 5:30-7pm for children. The age group for children is ages 5-15. The classes are ongoing, and can be joined anytime. It is \$30 for one class a week per month, and \$48 for 2 classes a week per month. Classes are held at the fitness center, bldg. 3150.

For more info. call x4629. Total Fitness is offering, is ongoing Weight Watchers At Work Program. The classes are held at Choices Cafeteria, bldg. 34 at 11:30am. The program consists of weekly meetings with topics specifically geared to the needs and challenges of working people. With a flexible food plan and motivational meetings. A 10-week series is \$130 and a \$5 registration fee. Payment is due on or before first meeting. Checks will be accepted only at the Fitness Center, bldg. 3150. Once the minimum number of people are signed up the meetings will be set up.

## OTHER NEWS

**PMCC** offers trips, tours, classes, and ongoing activities such as Treasure Hunters and Bunco for its members. Contact Colleen Grotke for information and to become a member. **Installation of Officers**, May 21<sup>st</sup>, 11:30, At the Club \$12 Buffet

**The Civilian Welfare Council** will sponsor the annual blood testing program on the following dates: 3, 4, 10, 11 June. The program is open to all civilian employees and military of TACOM-ARDEC, retirees, and family members. The location of the testing is in the Lindner Conference Center, Bldg 1, from 0730 – 1130. The three tests available are the basic blood profile, prostate for men, and lymes disease. The cost of each individual test will be announced later.

**Vet Clinics - Fort Monmouth** Veterinary Services will provide weekday Vet Clinics for Picatinny on a quarterly basis on Friday, 7am to 12pm in Bldg 1095. **The next clinic date is to be determined.** You must call ahead to make an appointment, (732) 532-2406 or DSN 992-2406.



# ROD & GUN ASSOCIATION

## **OPENING DAY of TROUT SEASON! 12 April**

Provided you have your equipment and permits in order, you can try your luck in the Arsenal waterways for some great fishing! The Picatinny R&G Association (PR&GA) stocks lunker trout for Annual Fee (\$35 per year) and Daily Fee patrons. You have the chance of catching some real nice trout 20" and up. Annual Fee patrons are also eligible for other PR&GA benefits, including the pheasant hunting program, reduced skeet range fees, and free use of MWR boats – not to mention great fellowship opportunities. With your support we also stock other area of the installation with a variety of fish, and support the National Hunting & Fishing Days with free fishing for all. Various types of fishing contests are also free to Annual Fee patrons, with a Daily Fee option also available.

For some real fun in the sun (rain, wind, and snow) why not join us and see what you have been missing? There is not enough space in this booklet for us to explain all that we have to offer.

We hold general membership meetings the first Wednesday of each month at the Rod & Gun Lodge, Picatinny Lake (Bldg 337). Come and see for yourself!

**Eligibility:** Annual Fee patronage in the PR&GA is open to all installation personnel (Military and Civilian, active and retired), their immediate family members, 100% disabled veterans and Medal of Honor recipients. Authorized Guests include children over age 21, grandchildren regardless of age, and parents. Membership in the PR&GA and/or guest eligibility does not presume or confer eligibility for Picatinny Arsenal hunting, trapping and fishing which is determined under the provisions of AR 200-3 and ARDECR 200-1. Likewise, PR&GA membership is not required to be eligible for general hunting, trapping and fishing on the Arsenal.

**Sportsman's Permit:** All personnel who intend to hunt, fish or trap on the installation require a valid ARDEC Sportsmen Permit and valid New Jersey Hunting, Fishing and/or Trapping licenses. Hunters must attend a sportsmen briefing prior to the hunting season. Attendance at one of these briefings, which covers safety and security issues for all sportsmen, is mandatory for all those who intend to hunt on the installation.

All Arsenal sportsmen and women are encouraged to join or renew their membership as soon as possible so that we may all make the upcoming season our best ever! For further information on joining the PR&GA, and to purchase your 2003 Sportsman's Permit, stop in Building 34, Take Off Center — or come to our next monthly meeting.



# OUTDOOR RECREATION

It looks like the snow is melting and the sun is coming out from behind the clouds after a long but exciting winter. With warm weather headed our way, Outdoor Recreation (ODR) has made necessary arrangements for a fun filled summer. We have two trips booked for this summer.

**\*The first one is a SCUBA trip to Kingston, Canada.** If you like wreck dives with good viz, this is the trip for you! We will do four, fresh water wreck dives and an optional night dive. There is plenty for land lovers to do as well! Enjoy great scenery and sightseeing, excellent restaurants and pubs at good prices and numerous historical sights. This trip is scheduled for 17-20 July and is open to divers and non-divers. The trip cost is \$90 and the dive package is an additional \$120.

**\*The second trip is back by very popular demand! If you like rafting, come join us on the Kennebec River in Maine from 31 July to 3 August.** On this trip, we do it all: 2 days of rafting and 3 nights of camping on the river. Trails can be accessed from the campgrounds for walking, hiking, running and mountain biking.

You can partake in rock climbing, moose watching or just relax by the campfire and enjoy fresh lobster, corn on the cob and baked potatoes. Mmmm.... Cost of this trip is \$195. Register and pay at ITR Office "Take Off Center" located in Bldg. 34 (Hours of operation: 0730-1530). Both trips are popular and fill up quickly. If you have your own adventure already planned for the summer, we can outfit you! We have new gear in our rental department to satisfy your summer needs. Check out our inflatable canoes and kayaks. These are transportable without a roof rack or trailer! Just throw them in the trunk and go! They are also more stable in the water than the traditional hard boats. Complete your trip with paddles, PFD's and our brand new ice chests! In addition, we are now carrying new Fugi full suspension mountain bikes. Enjoy trails that are close to work or home and are moderately easy so the whole family can participate. AND NOW...you can rent one of our new bicycle child seats so that the entire family can get out and have fun!

If you don't want to rent, you can buy! Come in and order from our resale program for a lower cost than you can get in the stores. We have accounts with companies that carry bikes (road, mountain, hybrid, BMX and child), camping gear, water sports equipment and much, MUCH more.

We want you to get outside to take advantage of the warm weather season. So grab your sunscreen, sunglasses and come have a ball with us! Your Outdoor Recreation Staff:  
Hans Karlsen-ODR Director  
Kristin Mitcham-ODR MGT TR  
Aaron Roth-Recreation Specialist

# POST EXCHANGE AND COMMISSARY

**The Defense Commissary Agency** can help by providing significant grocery savings of 30 percent or more to service members and their families – when they use their commissary benefit regularly. Shoppers can expect to save even more on meat and produce purchases and frequent case lot sales help shoppers realize even bigger savings. In addition to working hard to ensure exceptional savings for the military community, DeCA is committed to providing excellent name brand products, produce and meats, and efficient service that's second to none. Grab-and-Go sections, early bird and assisted shopping and 30-minute parking spaces are conveniences you'll find at many commissaries. Cooking demonstrations, "Meat Made Easy" preparation instructions and recipes are all part of DeCA's commitment to service. Do a little shopping homework. Find out what's on sale at the commissary before you even walk in the door. Visit DeCA online at <http://www.commissaries.com> and click on the "Locations" button to find a listing of commissaries. Each store has its own Web page with location, hours of operation, store management

and special events. Click on the "Shopping" button to find out what's on sale. Use coupons to save even more! Save money with Manager's Specials. Commissaries feature hundreds of unadvertised specials providing additional savings to customers. Commissaries also receive price reductions on locally delivered items such as beverages and snacks. Shopping more frequently, not just payday, often nets additional savings.

**The Spring & Summer 2003 Exchange Catalog** is available at military exchanges worldwide. This catalog offers hundreds of pages of merchandise and is one of the benefits of military service. The Spring & Summer catalog offers a wide selection of items from around the world. This all-services catalog is valid through July 23 and anyone with exchange privileges can use it. Active duty military members of the Army, Air Force, Navy, Marines and Coast Guard, as well as military retirees, reservists, National Guardsmen, Department of Defense civilians stationed overseas, exchange employees and their family members are

authorized to shop. Free electronic in-store ordering is available at AAFES exchanges and selected Marine Corps exchanges worldwide. Orders can also be placed by mail, fax or phone. To place orders toll free from the United States or Puerto Rico just call 1-800-527-2345. For your convenience, the catalog center is open around-the-clock, seven days a week, and complimentary international access calling is available from several countries. You can also shop your Exchange Catalog on the Internet at [aafes.com](http://aafes.com), [usmc-mccs.org](http://usmc-mccs.org), [navy-nex.com](http://navy-nex.com) or [cg-exchange.com](http://cg-exchange.com). The Exchange Catalog is a bargain for only \$5.00. It includes a coupon for \$10.00 off your first purchase of \$50 or more, and shipping is free on everything you order. Earnings generated by your purchases in your Exchange, Exchange Catalog and Exchange Online Store are returned to you in the form of funding for your favorite MWR facilities and programs. So be sure to shop your Exchange first!

# COMMUNITY CONNECTION

DEPARTMENT OF THE ARMY  
COMMANDER, US ARMY TACOM-ARDEC  
MARKETING - BUILDING 34N  
PICATINNY ARSENAL, NJ 07806-5000  
OFFICIAL BUSINESS

THE PURPOSE OF THIS NEWS-  
LETTER IS TO PROVIDE CUR-  
RENT INFORMATION ABOUT  
MWR, FAMILY SUPPORT AND  
COMMUNITY EVENTS/PRO-  
GRAMS. THE MENTION OR  
APPEARANCE OF COMMER-  
CIAL VENDORS AND/OR THEIR  
LOGOS NEITHER IMPLIES NOR  
CONSTITUTES FEDERAL EN-  
DORSEMENT OF PRODUCTS  
OR SERVICES.

## MORALE, WELFARE & RECREATION AND FAMILY SUPPORT PHONE LISTING

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<i>Army Community Service</i>	<i>(973) 724-7247</i>
<i>Aquatic Park</i>	<i>(973) 724-7275</i>
<i>Cannon Gate Catering &amp; Conference Center</i>	<i>(973) 724-2582</i>
<i>Chapel Center</i>	<i>(973) 724-4139</i>
<i>Child Development Center</i>	<i>(973) 724-4337</i>
<i>Child Development Services</i>	<i>(973) 724-4994</i>
<i>Choices</i>	<i>(973) 724-5649</i>
<i>Employee Assistance</i>	<i>(973) 724-4357</i>
<i>Family Child Care</i>	<i>(973) 724-4994</i>
<i>Golf Pro Shop</i>	<i>(973) 724-4653</i>
<i>Lil' Skeeters</i>	<i>(973) 724-2405</i>
<i>Lodging</i>	<i>(973) 724-8855</i>
<i>Information, Ticketing &amp; Registration</i>	<i>(973) 724-4186</i>
<i>Marketing</i>	<i>(973) 724-7246</i>
<i>Outdoor Recreation</i>	<i>(973) 724-4484</i>
<i>Personnel</i>	<i>(973) 724-2261</i>
<i>Rod &amp; Gun Association</i>	<i>(973) 724-4484</i>
<i>School Age Services</i>	<i>(973) 724-5555</i>
<i>Teen Center</i>	<i>(973) 724-7183</i>
<i>Total Fitness</i>	<i>(973) 724-6215</i>

COMMUNITY CONNECTION ... YOUR LINK TO MORALE, WELFARE & RECREATION  
AND FAMILY SUPPORT PROGRAMS AND EVENTS FOR MAY/JUN/JUL/AUG 2003